

# Cold Meals in Cool Places for July Days

By VIRGINIA CARTER LEE

WITH the Fourth of July coming on Friday of the present week, we should plan for at least one cold meal on that day, and cold foods are also generously used throughout the week. The knowledge that the materials for the porch supper are reposing in the ice chest and freezer is comforting alike to mistress and maid.

For the holiday dinner a young fowl properly cooked forms no mean substitute for the more expensive and far less meaty broilers or "frying chickens." Cut the bird in pieces as for fricassee, sear over in hot pork dripping and place in a deep roasting pan. Pour in a large cupful of water, add a slice of onion, a bay leaf and a few drops of kitchen bouquet. When the water begins to bubble cover the pan and steam until tender, then uncover and cook for fifteen minutes. Sprinkle with salt, paprika and celery salt after it has cooked for twenty minutes. Strain the liquor in the pan, add half a cupful of hot water and thicken with a tablespoonful of flour mixed with cold water.

The two salads (crabmeat and potato) both differ from the usual salads served under those names and the cream chicken sandwiches can be highly recommended. This filling is particularly good used with warm tea biscuits, split open and spread with butter. The potato salad is varied by the addition of chopped eggs, beets, cress and radishes.

Enough of the fowl (served for four) should be left over to form the basis of

the cream chicken filling and the bones can be used for the soup served for Sunday's dinner. With fowls selling for 35 cents a pound the Sunday dinner will have to be planned along economical lines. A good beef loaf, however, with a brown mushroom gravy (use a quarter of a pound of fresh mushrooms) will give an excellent dinner at comparatively small expense and still keep the weekly budget within a moderate allowance.

Supplies for the week will include at the butcher's one quarter of a pound of bacon at 40 cents a pound, one slice (a quarter of a pound) of cooked ham at 90 cents a pound, one pound of stewing veal for 35 cents, two slices of salt pork at 7 cents each, one four and a half pound fowl at 38 cents a pound, two ounces of dried beef for 8 cents and one pound of chopped beef for 35 cents a pound.

At the fish market, two pounds and a half of mackerel at 28 cents a pound, two pounds of bluefish at 30 cents a pound and half a pound of flaked crab meat at 80 cents a pound.

Dairy products will cost \$4.22 (the separate items being: eggs, \$1.58; butter and oleo, \$1.21, and milk and cream, \$1.43). Two dozen and a half eggs at 63 cents a dozen, one pound and a half of table butter at 68 cents a pound, half a pound of oleo at 38 cents a pound, seven quarts of grade B milk at 13 cents a quart and four quarter pints of cream at 13 cents each are allowed at the prices mentioned.

Below are the approximate marketing figures:

Butcher's bill..... \$2.96

Fish bill..... 1.70

Dairy products..... 4.22

Fruits..... 2.07

Vegetables..... 1.96

Groceries..... 3.50

Total..... \$16.41



## Up and Out of the Rut!

Food is building material, fuel and energy for the body. In warm

weather, especially if one is not exercising or working as much as usual, obviously the fuel and energy supplies can be cut down to our comfort. Holidays and Sundays are times for eating less food, not more, and the domestic servant problem, as well as comfort and health, would be served by having more meals of cold meats, fresh fruits, salads and ices. A roast, potatoes and hot vegetables with a "made" dessert might seem to be a part of our creed, so religiously are they served on Sundays and other festivals. Adaptability may not be mentioned among the cardinal virtues, but it is a great lubricator of everyday life.

A. L. P.



## TESTED RECIPES

### Raspberry Mead

Boil together two cupful of water and one of sugar for ten minutes; add the juice of two lemons and cool. Chill on the ice and, when ready to serve, add a pint of red raspberry pulp, a pint of cracked ice and a pint of carbonated water. Serve in tall chilled glasses with a tiny bouquet of fresh mint to each portion.

### Jellied Veal

Cut a pound of stewing veal in small pieces and place it in a saucepan with water to cover, a sliced onion, half a diced carrot, a cupful of canned tomatoes, a bay leaf and two or three sprigs of parsley. Bring slowly to a boil and simmer until tender, seasoning to taste with salt and paprika after it has cooked for twenty minutes. Then take out the meat, cut it in small pieces and strain off the broth in which it has cooked (there should be a generous cupful of the latter). Add to the broth half a tablespoonful of gelatine, softened in two tablespoonful of cold water, and stir until dissolved. Mould the meat with sliced hard boiled egg, halved stuffed olives and bits of parsley, using just enough of the strained jelly broth to hold each layer in place. Be sure each layer is firm before the next is added and when the mould is filled place on the ice to harden. Fish and veal are particularly good with this jelly. Serve unmoulded and cut in slices.

### Creamed Chicken Sandwiches

Use the remnants of the cold panned chicken, picked from the bones, and allow for three-quarters of a cupful of the meat. Add to the chicken one-

quarter of a cupful of celery, cut in small pieces, and one cupful of rich milk. Heat to the boiling point and add a cold cooked onion, mashed to a paste, and three level tablespoonful of butter. Blend with two tablespoonful of buttermilk. Cook until thick and add the whites of two eggs stiffly whipped, also salt, paprika and lemon juice to taste. Turn into a mould that has been rinsed with cold water and chill on the ice for several hours. Prepare the sandwiches by buttering slices of graham bread and use for the filling thin slices of crisp cucumber dipped in mayonnaise and a generous layer of the chicken mixture.

### Raspberry Parfait

Cook one cupful of sugar and one-quarter of a cupful of water, without stirring, until the syrup threads when dropped from the tip of a spoon. Pour slowly on the stiffly whipped whites of three eggs and continue to beat until the mixture is cold. Whip one pint of chilled cream until it will hold its shape, combine with the frosting mixture and add a cupful of crushed raspberry pulp, sweetened with two tablespoonful of powdered sugar. Beat the mixture, pour into a mould with a water-tight cover and bury in ice and rock salt for four hours before serving. Strawberry pulp may be used instead of the raspberries.

### Crab Meat Salad

This is a rather unusual salad and is particularly good. Use half a pint of shredded crab meat and add an equal quantity of shredded lettuce, two peeled and diced tomatoes, a bunch of peeled and chopped radishes and sufficient boiled dressing to moisten. Add to the dressing a chopped dill pickle and a quarter of a teaspoonful of curry powder. Serve in crisp lettuce cups and garnish with cubes of pickled beets and chopped hard boiled egg.

**Monday**  
BREAKFAST  
Cherries  
Bacon Rolls  
Watercress  
Oatmeal Scones  
Coffee  
LUNCHEON  
Devilled Eggs with Lettuce  
Thin Bread and Butter  
Raspberry Mead  
DINNER  
Jellied Tomato Bouillon  
Cheese Timbales  
Hashed Browned Potatoes  
Strawberry Sherbet

**Tuesday**  
BREAKFAST  
Shredded Pineapple  
Moulded Cereal  
Cinnamon Toast  
Coffee  
LUNCHEON  
Cream of Spinach Soup  
Croissants  
Fruit Salad  
Nut Bread  
DINNER  
Planked Mackerel with Potato Border  
Green Peas and Carrots  
Sliced Tomato Salad  
Deep Rhubarb Tart

**Wednesday**  
BREAKFAST  
Strawberries  
Fish Cakes  
Chilled Cucumbers  
Rye Bread and Butter Rolls  
Coffee  
LUNCHEON  
Potato Salad in Green Peppers  
Minced Ham Sandwiches  
Ginger Ale Cup  
Chocolate Cake  
DINNER  
Bouillon in Cups  
Jellied Veal  
Potato Chips  
Asparagus Salad  
Cherry Dumplings  
Hard Sauce

**Thursday**  
BREAKFAST  
Dried Cereal with Raspberries  
Scrambled Eggs with Vegetables  
Buttered Toast  
Coffee  
LUNCHEON  
Cream Cheese, Jelly and Nut Sandwiches  
Iced Fruit  
Nut Sally Lunn  
Foamy Sauce  
DINNER  
Tomato Soup  
Broiled Bluefish  
Green Peas  
Mashed Potatoes  
Pimiento and Watercress Salad  
Strawberry Tarts

**Friday**  
FOURTH OF JULY  
BREAKFAST  
Complete of Fruit  
Fried Scramble  
Thin Bread and Butter  
Grilled Tomatoes  
Coffee  
LUNCHEON OR SUPPER  
Crab Meat Salad  
Olive Bread  
Raspberry Parfait  
DINNER  
Cucumber and Onion Canapés  
Panned Chicken  
Corn Fritters  
Lettuce Salad  
French Dressing  
Angel Ice Cream with Strawberry Sauce

**Saturday**  
BREAKFAST  
Moulded Cereal with Prune Whip  
Browned Vegetable Hash  
Blueberry Muffins  
Coffee  
LUNCHEON  
Cheese Bread Custards  
Rye Bread  
Watercress  
Stewed Cherries  
Cookies  
DINNER  
Cream of Asparagus Soup  
Spanish Omelet  
O'Brien Potatoes  
String Beans  
Fruit Salad  
Whipped Cream Dressing

**Sunday**  
BREAKFAST  
Blackberries  
Fricassee of Chipped Beef  
Buttered Toast  
Radishes  
Coffee  
LUNCHEON OR SUPPER  
Creamed Chicken Sandwiches  
Egg and Lettuce Salad  
Raspberry Shortcake  
DINNER  
Chicken Vegetable Soup  
(From chicken bones)  
Beef Leaf  
Mushroom Gravy  
Escalloped Tomatoes  
Creamed Potatoes  
Pineapple Sherbet

## Keeping Step With Prohibition in the Kitchen

### Some Cooling Summer Beverages That Sparkle But Do Not Kick

By VIRGINIA CARTER LEE

THE wearied and jaded mortal who seeks the shadiest corner of the piazza, declaring himself dead to the world, has never yet been found proof against the seductive comfort of a tall, tinkling glass filled with an iced drink. Many of these "fizzes," "trickies" and "juleps" have hitherto owed their popularity largely to alcohol, but this summer's hostess must turn her attention to the infinite variety of delicious beverages possible without the use of these stimulants. We may yet be convinced that when the alcohol is absent the drinks are more apt to perform their true mission as thirst quenchers and heat dispellers. The fruit juices and different varieties of carbonated waters and ginger ales satisfy the palate and cool the blood in a most refreshing manner.

If possible, prepare the fruit purée which forms the basis of most of these summer "punches," "cups" and "frappés" several hours in advance of service, to blend the different flavors successfully. A slice or two of cucumber is an excellent addition, bringing out the fruit flavors most satisfactorily.

Be very careful in preparing any summer drink not to oversweeten it, as a certain tartness is desirable, and if sections of fresh fruit are added, provide a long-handled spoon so that they may be eaten.

Cold tea forms a splendid basis for almost any summer punch. Lemons, oranges and limes combine particularly well with it, and a little chilled rice water (water in which rice has been cooked) seems to give a certain "body" to the beverage, besides tending to counteract any stomach disturbance from eating a quantity of chilled acid fruit, especially if one is very warm.

Preserved ginger is still another ingredient that, used with a skilled hand, imparts a novel zest to chilled drinks. A small jar when opened will keep for some time, and a couple of tablespoonful of the chopped ginger with the thick syrup

can be used occasionally to impart variety.

The following tested recipes for summer beverages will furnish no mean substitutes for those served in the "good old days":

### Loganberry Fizz

Slice into a bowl three lemons and add one cupful of sugar, three sprigs of mint and a thinly sliced orange. Chill on the ice for two or three hours and add one quart each of cracked ice, loganberry juice and carbonated water poured from a height. Have both fruit juice and water iced, remove the mint and serve in tall glasses ornamented with tiny bouquets of fresh mint.

### Canton Tea Cup

Mix together one pint of cold strained tea, two tablespoonful of chopped preserved ginger with the syrup, half a cupful of sugar and the juice of two lemons. Place on the ice to chill and ripen and just previous to serving add a quart of chilled ginger ale and a cupful of halved pitted cherries with the juice. Pour over a small block of ice that has been placed in a punch bowl.

### Coffee and Maple Frappé

Mix together a pint of strong strained coffee and a cupful of thick maple syrup and cook over hot water for five minutes; then stir in two well beaten eggs with a pinch of salt and continue to stir until well thickened. Remove from the fire, cool and chill. When ready to serve, blend in half a cupful of thick cream and add a cupful of chilled milk, a pint of cracked ice and half a pint of iced carbonated water. Serve from a tall crystal pitcher.

### Pineapple Fruit Punch

Shred into a large bowl the edible pulp from a ripe pineapple and add two thinly sliced oranges, three or four slices of peeled cucumber, one pint of large strawberries, cut in halves, one diced banana and a large cupful of sugar. Chill on the ice, remove the cucumber, add a dusting of ground cinnamon and dilute to the desired strength with chilled Apollinaris water. Serve in tall slender glasses with long-handled spoons, so that the fruit can be eaten.

### Diplomatic Rickey

Pour into a bowl a pint of red raspberry or loganberry juice and add the juice from two limes, a bit of stick cinnamon, one small cupful of sugar and the whites of two eggs,

whipped to a stiff froth. Chill on the ice for two hours, remove the cinnamon and whip with an egg beater. Pour in gradually from a height one quart of chilled seltzer water, add a quart of shaved ice and serve immediately.

### Débutante Punch

Prepare one pint of sweetened, strong lemonade and add three tablespoonful of strained tea, two chopped, peeled oranges, a tiny bunch of fresh mint, one quart of either red or white grape juice and a pint of carbonated water. Pour slowly over a block of ice placed in the punch bowl.

### Medley Cup

Make a syrup by boiling one pint of rice water, one large cupful of

sugar, the grated yellow rind of one lemon, a piece of stick cinnamon, three whole cloves and a small cupful of raisins for ten minutes. Strain, cool and chill on the ice. When ready to serve, add two thinly sliced oranges, the juice of two lemons and a quart of chilled lemon soda.

Serve from a large tankard in which has been placed a pint of cracked ice.

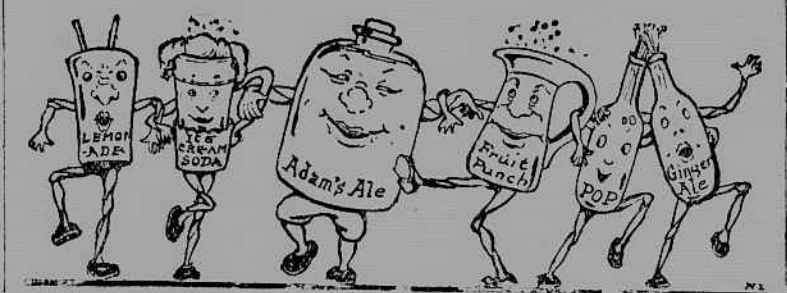
### Boston Punch

Pour one quart of boiling water on two tablespoonful of tea leaves and half a bunch of fresh mint. Let

stand for four minutes, then strain. Cool, add a small cupful of sugar, two sliced lemons and chill on the ice. At serving time, pour in a quart of unfermented white grape juice and add a pint of cracked ice and a pint of red raspberries. Serve in slender glasses with straws.

### Canton Cup

This is very refreshing. Place in a large bowl a cupful of chopped preserved ginger and add one quart of unfermented grape juice, one cupful of sugar, half a cupful each of orange juice and lemon juice, and one cupful of loganberry juice. Chill on the ice, and just previous to serving add a quart of chilled sparkling water and a quart of cracked ice.



## "Drop" the Cookies to Save "Rolling"

By FLORENCE SPRING

TOM and Susie "stop in" at Grandma's on their way from school, and you may be sure that they do not say goodbye without paying a visit to the cookie jar. The tea tray, as a matter of course, is equipped with a plate of cookies and there are innumerable desserts which are either helped along, or receive their last touch of deliciousness by being accompanied by these dainty morsels. They are a satisfactory and tempting substitute for the more expensive cake, and furthermore there are so many varied recipes for their concoction that one never tires of them. Moreover, the thin, delicate "rolled out" cookies are no sinecure when it comes to making and baking. A long morning is required for their construction; and no matter with how much enthusiasm they are started, it is at best a tiresome job to make and bake a goodly number.

The drop cookie often solves the problem on a busy day when the jar is empty. These recipes produce such delicious results that you will find them often to be your "first choice." Moreover, this variety of cookie may be made and baked while attending to other work. I confess myself to a predilection for the drop cookie, although I know that the water-like, crisp varieties are often preferred.

The most delicate and delectable

of drop cookies are peanut crisps, and they will keep indefinitely in a tin box.

### Peanut Crisps

One-fourth of a cupful of butter, one-half cupful of sugar, two eggs, one cupful of flour, one teaspoonful of baking powder (in flour), three-fourths of a cupful coarsely chopped nut meats, one-half teaspoonful salt. Mix in order given and drop by the half teaspoonful on buttered tins and bake in a moderate oven. Walnuts or pecan nuts may be substituted. Reserve a few of the peanuts or other nut meat on top of each cookie before baking, if wished.

Other cookies that will keep some time are Boston cookies. Boxes of these were sent overseas with great success during the first year of the war.

### Boston Cookies

One cupful of butter or substitute, one and a half cupful of brown sugar (white may be used if preferred), three well beaten eggs, one cupful chopped nuts, a little chopped candied orange peel if on hand; one-half cupful each of currants and raisins, three and a fourth cupful of flour, one teaspoonful of soda in one and one-half tablespoonful of hot water, one teaspoonful of salt and a little cinnamon and nutmeg. Mix well and drop by teaspoonful in buttered dripping pan.

### English Brandy Snaps

One-fourth pound of butter or butter substitute, one-fourth pound each of brown sugar and flour, one cupful of molasses. Mix, drop in spoonful on buttered dripping pans, bake in a hot oven. Put near the fire a moment to dry, and roll lightly. These are very nice with afternoon tea.

### Ellenettes

Two well beaten eggs, one cupful of brown sugar, one-half cupful

of flour, one cupful of chopped nuts of any kind, one-fourth teaspoonful of baking powder, one-fourth teaspoonful of salt. Drop on a buttered dripping pan and bake in a good oven.

### Farm Gingerbread Cakes

One cupful of molasses, one-half cupful of sugar, one or two eggs, one cupful of sour milk or cream, one-half cupful of melted shortening, one teaspoonful of soda, one-half teaspoonful each of cinnamon and ginger, one-fourth teaspoonful each of clove and nutmeg; salt to taste—different fats require different amounts of salt—and, flour to make a stiff cake batter. If sour cream is used, only one-fourth cupful of the shortening will be required. Drop by spoonful onto a dripping pan and bake in a quick oven.

These cakes are perfect if eaten when fresh, but are not supposed to keep soft many days. They make a delectable dessert served with cottage cheese.

### English Drop Cake

One-half cupful of butter or any substitute, one cupful brown sugar, one egg, one cupful Sultana raisins or any seedless variety, one-half teaspoonful each of nutmeg, baking powder and soda, three-quarters of a cupful of flour, and one-half cupful of whole wheat flour. Cream butter, add sugar gradually, then slightly beaten egg and raisins. Sift all of the dry ingredients together, add to the mixture and beat well. Drop by spoonful onto a buttered tin. Bake in moderate oven.

### Nellie's Cookies

One-half cupful butter or oleo, one cupful of sugar, one egg, one-half cupful of milk, one teaspoonful of baking powder in one and one-half cupful of flour and one teaspoonful of vanilla. Grated orange and lemon peel may be used

and are very nice substitutes; in this case add one teaspoonful of the juice also. Beat and drop onto buttered pans, sprinkle sugar over them, and bake.

### Mock Nut Cookies

One-half cupful of oleo or other shortening, one cupful of brown sugar, one egg, three-fourths cupful of milk (coffee may be substituted), one cupful of flour, one teaspoonful of soda (in milk), two cupful of rolled oats, one-half teaspoonful of cinnamon, a few gratings of nutmeg, a little grated orange or lemon rind and one-half cupful of seedless raisins. Cream butter and sugar, add egg well beaten, then milk and other ingredients. Beat and drop by the spoonful onto a buttered dripping pan, sprinkle with sugar, then bake in a moderate oven.

In making all of these varieties of drop cookies the amount of flour must be a trifle experimental. Any experienced cook will tell you that different flours "stiffen" differently. And the excellence of a drop cookie depends largely on its containing the right amount of flour. The recipes given are all "tried and true," and the amounts of flour called for are practically right. But always, when trying a new recipe or inventing a combination, bake two or three cookies experimentally. It will then be very easy to add a small amount of either flour or milk to the dough before baking more, if it seems advisable. A drop cookie should be slightly crisp on the outside and soft in the middle. Any of the varieties given except the peanut crisps are improved by sifting a very little sugar over them before baking, although this is not necessary. Always keep drop cookies in tin boxes, tightly closed. Nuts or homemade candied orange peel chopped coarsely are a delicious addition to almost any drop cookie.

### Old Recipes Expurgated, Reformed and Revised, to July First

HOW often we read in a recipe: "Add a couple of tablespoonful or a wineglassful of sherry, and serve!" And now with prohibition upon us, shall we give up these cherished formulas for lack of the wine to use in them or bestir ourselves to find something to take its place?

Fortunately, the inexpensive grape juice (it can easily be made at home), especially the white variety, can be used in any recipe calling for sherry, and although a little more of the grape juice will have to be used, the flavor imparted will be excellent.

Red grape juice, being quite different in flavor, is best used in jellies, sherbets, fruit salads, punches and sauces, for it does not combine with fish, meat, poultry and gravies as well as the white variety.

In the following tested recipes are given suggestions for using grape juice in the place of wines.

### Cuban Salad

Chill on the ice equal parts of shredded pineapple, diced bananas and halved large strawberries. Scatter with chopped peanuts, add a few bits of guava jelly and pour over a dressing made from three tablespoonful of pineapple juice, four tablespoonful of powdered sugar, one tablespoonful of orange juice, and five tablespoonful of red grape juice. Chill on the ice and baste the fruit occasionally with the dressing. Serve on crisp lettuce leaves and pour two tablespoonful of the dressing over each portion.

### Lobster a la Newburg

Put one tablespoonful of butter into the upper part of the chafing dish, and when melted add one and a half cupful of boiled lobster meat, one-quarter of a teaspoonful of salt, and paprika to taste. Turn the lobster until the butter is all absorbed, then add three-quarters of a cupful of white grape juice and cook for three minutes longer. Have ready one cupful of thick cream to which has been added the beaten yolks of two eggs, add this slowly to the lobster mixture that has been placed over the hot water pan and stir only until well thickened. Serve immediately.

### Wine Jelly

In this recipe either the white or red grape juice can be utilized. Soak

one ounce of gelatine in half a cupful of cold water for half an hour. Put two scant cupful of boiling water into a saucepan with two thin slices of lemon, a cupful of sugar and a small piece of stick cinnamon. When the sugar is dissolved, add the gelatine and continue to stir until that also is dissolved. Remove from the fire, and when partially cold add the juice of one lemon and a cupful of the grape juice. Strain through a jelly bag and turn into a mould that has been rinsed with cold water.

### Golden Mousse

Beat the yolks of three eggs with a pinch of salt until smooth. Add a tablespoonful of thick sugar syrup and cook over hot water, stirring constantly, until the mixture coats the back of the spoon. Remove from the fire, add four tablespoonful of white grape juice and beat until light and cold. Whip the whites of the eggs until they will hold their form and pour upon them two tablespoonful of boiling sugar cooked to the soft-ball stage. Beat constantly while adding the syrup, and when stiff combine with the cooked yolk mixture. Pour into a mould with a water-tight cover and bury in ice and rock salt for four hours before serving. Chopped candied fruit that has been soaked for several hours in grape juice can be added just before the mousse is turned into the mould.

### Flirtation Frappé

Make a syrup by boiling one pint of water and two cupful of sugar for five minutes. Remove from the fire, cool and add half a cupful of lemon juice, one pint of red grape juice and one cupful of canned shredded pineapple with the syrup. Turn into a chilled freezer, and when half frozen stir in the stiffly whipped whites of two eggs. Serve in sherbet cups. This will serve twenty-five persons.

An evening at home, a good book and a bottle of sparkling, refreshing

**S & S**

**GINGER ALE**

Try It!

Sold at Drugstores and Grocers

Kelly-Clarke Co., Inc., Rep., 160 Hudson St., N. Y.